

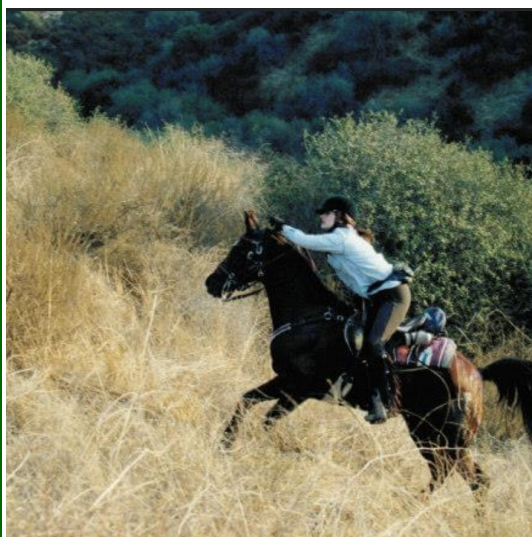


# Ventura County Chapter of the California Special Districts Association

First Tuesday, every other month:  
Feb 7, April 4, June 6, Aug 1, Oct 3, Dec 5  
Camarillo Health Care District  
3615 E Las Posas Road Bldg F, Sequoia Rooms 1 & 2, Camarillo  
(unless otherwise noted)

December 2023/January 2024

public service since 1974



## From the Chair:

Kara Ralston

### Do New Things!

“In the end, we only regret the chances we didn’t take.” – *Anonymous*

*In the absence of time, please enjoy this excerpt from our District’s magazine to help us get motivated for the New Year!*

There is much written about the power and importance of doing new and challenging things. We can all probably relate to moving through our days at the “speed of life” and wishing everything would just slow down. Well, experts say that forcing our brain to experience new challenges can make it seem as if time has slowed down.

In the spirit of motivation, think about these things:

- The last time your daily routine was disrupted, were you annoyed, or did you embrace it and roll with it?
- The last time you had a brand-new experience, did you feel energized and “awakened”?
- When you think about trying something new, does anxiety overwhelm excitement?

We spend months of prep and anticipation during the holiday season, and then, in the blink of an eye, it’s over. During these holidays and the coming year, please join me in making a conscious effort to be present in each moment. Wishing you all peace and joy in the coming New Year.

If you have a story, a picture, or a good work to share, please send it to [kralston@camhealth.com](mailto:kralston@camhealth.com) for the VCSDA newsletter.

Respectfully, *Kara*



**DINNER  
SPONSOR**  
Dec 5, 2023

**Jordan  
Chriss**

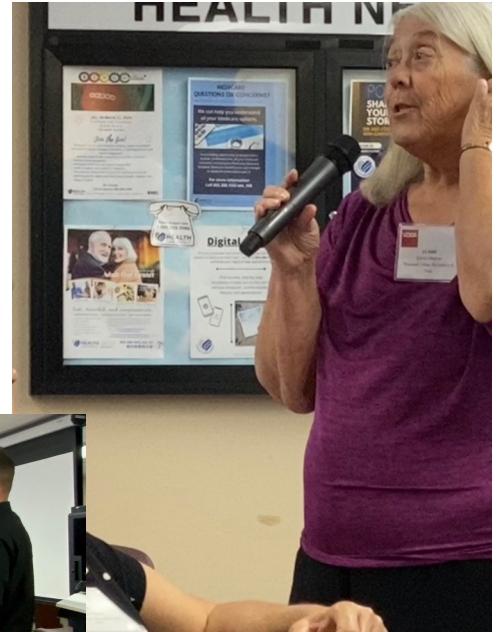


### **Speaker Ideas Needed**

Please submit speaker ideas and suggestions, along with the person’s name and contact information to [kralston@camhealth.com](mailto:kralston@camhealth.com).

One of the biggest challenges of the VCSDA “Chairship” is securing interesting, appropriate and relevant speakers. Please help! :)

## Photos from October 2023 VCSDA Chapter Meeting



## VCSDA Board Members



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Kara Ralston  
Camarillo Health  
Care District



Vice President  
Jacque McMillan  
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